



The Benefits Bulletin

Statewide Benefits Office

September 10, 2020

Cholesterol Awareness

Cholesterol, a fat-like, waxy substance, is found in your body and in many foods. If you have high cholesterol it can build up in your arteries and cause them to narrow. This will increase your risk of heart disease and/or a stroke. High cholesterol usually doesn't have any symptoms and as a result, many people do not know that their cholesterol levels are too high. Adults and children can have high levels of cholesterol. If you have diabetes, are obese, a smoker or have a family history of high cholesterol you should talk to your doctor about getting tested. The good news is, that by making healthy lifestyle changes you can help control your cholesterol.

Here are some helpful tips to follow:

- Eat foods high in fiber and low in saturated fats
- Limit your consumption of alcohol, sugar and salt
- Stop smoking or better yet, don't start
- Adults and children need weekly physical activity
- Maintain a healthy weight



For more information and access to a health coach, visit the [SBO website](#), select your group, and click the icon for your health plan vendor - Aetna or Highmark Delaware.

Managing Uncertainty Through COVID-19

When the pandemic began, many of us thought it would be a few weeks of quarantine and then we would be able to return to a normal life. However, COVID-19 is more like running a marathon than a sprint. There are many unknown obstacles, leaving us wondering when life will ever feel normal. Whether you are preparing to send your child(ren) back to some version of school, continuing to work from home, transitioning back to the office and/or caring for elderly parents, we are all managing some form of stress daily. Health experts relate the pandemic to a grieving process where we feel like we are on an emotional roller coaster.

Here are some ways to manage your stress and emotions:

- Take time to recharge – This can be as simple as taking one minute to listen to your favorite song.
- Take a vacation – It may not be the one you planned, but take time to do something you enjoy.
- Create a daily or weekly schedule and post it for your family to see.
- Seek assistance when you need it. Call a friend, spiritual leader or your supervisor.

Remember, we are all navigating through this storm together, the only difference may be the boat we are in. Assistance is a [click away](#).

Hidden Treasures Find the hidden code on the Employee Spotlight page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Charles K., Dept. of Correction!

SEBC Spotlight **National Recovery Month**

In September, we celebrate the gains made by those in recovery from substance abuse and other behavioral health disorders. This reinforces the positive message that behavioral health is essential to overall health; prevention works, treatment is effective, and people can and do recover. For the best chance of successful recovery, it is important to have a strong support system. For more information, [click here](#).

In our continued effort to support State Group Health Plan members and expand services, we are pleased to announce that Highmark Delaware members now have access to [Bright Heart Health](#), a telemedicine service offering virtual comprehensive addiction treatment 24/7, and Aetna members now have virtual access to behavioral health treatment through [Teladoc](#).

Share Your Experience



Our priority at SBO is simple: to not only deliver high-quality benefits, but also to educate our members. Knowing that

experience can be the best teacher, we want to ask our members to share their stories. Have you or a family member seen a doctor through a telemedicine visit or called SurgeryPlus to schedule a non-emergency surgery? Have you worked with a Rethink counselor or enrolled with Livongo? We would love to help you share your story! We will gladly accept written testimonials or interview you. Together we can face change and make it easier for our co-workers, friends and neighbors to navigate better health and well-being. [Email SBO](#) to share your story.